



Wingmen make a Difference

- **First line of support for troubled Airman**
- **Best “eyes” and “ears”**
- **Best able to identify a problem and get your wingman the help needed**
- **Countless “saves” in 2011**
 - **Wingman or supervisor identified distressed/suicidal Airmen and got them help**

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Slide 1 – Wingmen make a difference

We are here to talk about the mental well-being of our airmen in this unit

Today I want to review some information with you and ask you to please help us identify individuals who may be having troubles and get them going in the right direction...to get them help

The most important person in helping someone who is going through a tough time is their giddy, their wingman.

You know if your buddy is not quite right...that they're not quite acting themselves or they are going through a difficult time...and they may need some support

When that occurs, that is not the time to sit back and watch...that is the time to act

In the past year, we have had countless number of Airmen who were seriously considering suicide and their Wingman took the time to ask how they were doing and cared enough to get them help they needed.

We need everyone to step up...if you are having trouble, to be courageous enough to ask for help, and if you are a Wingman of someone who is struggling, to make it your business to get them help



AF/Nellis/Creech Suicide Stats

■ Completed Suicides

- AF 38
- Nellis/Creech 2

■ Attempted Suicides

- Nellis 14
- Creech 4

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Slide 2 Nellis/Creech Suicide Stats

So far in 2011, Nellis/Creech suffered 2 tragic AD suicides 18 suicide attempts

“Countless Saves”



Risk Factors for Suicide

- **Relationship troubles**
- **Mental Health concerns such as depression**
- **History of suicide attempts/behaviors**
- **Financial problems**
- **Problems at work**
- **Alcohol problems**
- **Legal problems**

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Slide 3 – Risk Factors for Suicide

Here are the top risk factors for recent suicides

Relationship trouble usually a divorce or a break up is most common

About half had mental health issues in the past year but they may not have gotten treatment

And you can see the rest...they are fairly common issues

The person who thinks of suicide begins to believe there is no other way out of his or her problems

The important part with this is you are not going to know if any of these issues apply to your Wingman unless you make it your business...and really get to know your Airmen and your subordinates if you are a supervisor



Remember - ACE

- **Ask:** Ask directly how he/she is doing
 - “You are not acting like your self lately. Is everything all right? Are you thinking about suicide?”
- **Care:** Calmly express your concern
 - “I’m concerned about you. Let’s go talk to someone who can help.”
- **Escort:** Escort your wingman for help.
 - Walk with him/her to your chain of command or to chaplain or Mental Health.

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Slide 4 – Remember ACE

One acronym to keep in mind is ACE, it is an easy way to respond to someone who may be thinking about suicide and then guides you on what to do

ASK how they are doing and be direct about suicide...something like (read example on slide)

CARE: care about their well being and express your concern...read example on slide

ESCORT: If they say “yes” I’ve thought about suicide or they express that they are feeling overwhelmed and don’t know what to do, then ESCORT them to a helping agency or someone in the chain of command who can assist



Help is Readily Available Helping Agencies

- **Mental Health Clinic**
3-3880
- **Chaplain**
2-2950
- **Airmen and Family Readiness Center**
 - **Military Family Life Consultant**
2-3327
- **Other Resources: wingman, supervisor, chain of command**

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Slide 5 – Help is Readily Available Helping Agencies

There is an abundance of resources available on base

Mental Health has professionals to assist with a host of mental health issues as well as classes and groups for common life problems...If there is a question about suicide, mental health is the place for them to be evaluated.

The chapel is a wonderful resources as well, and can provide counseling and crisis support services and do this with total confidentiality

The Airmen and Family Readiness Center has a variety of programs and services on financial counseling, pre and post deployment related issues, and relationship troubles, and so on.

The Military and Family Life Consultant is also available for confidential counseling

Your primary care doctor is key to your overall physical well-being and can often be a first step in getting help with problems sleeping, feeling overwhelmed or other medical concerns

And finally, your supervision and chain of command is there to support you

There is no reason anyone should feel help is not easily available and there is no excuse to not get help

If you are struggling with stressors or thinking about suicide, the first step sometime is the hardest, and that is to ask for help. There are lots of people here to help you



The Team Needs You

- **Valued member of this unit, the Nellis/Creech Community and the USAF**
- **A community of people care about you: co-workers, family and friends**
- **Key contributor to our nation's Security/Safety**
- **People care about you and your well-being**
- **Whatever the stressors...they are temporary**
- **There are healthy solutions to whatever problem you may encounter**

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Slide 5 – The Team Needs You

The real tragedy of suicide is how it affects those left behind...the family, the friends, the co-workers who fill the chapel during the memorial service and would have done anything to assist the person had the Airman just asked for help...but now it's too late.

I want everyone to know as your commander you are an extremely valuable member of this unit, Nellis and Creech Community and our AF Family

And, what you do is tremendously important to this country

Even if you are getting out of the Air Force, life is too short, it is too precious, and even if the Air Force is not your calling, you are important and loved by someone

For those of you out there who knows your Wingman or your buddy is not doing very well, I ask you to do the right thing and get them connected with someone who can help. Remember ACE... Ask, Care, Escort

I also know there are some of you out there right now, in this unit who are not doing very well emotionally. That's okay. I'm here to remind you that whatever the stressors are, they are temporary, things get better, people are here to help you if you give them a chance and get the help you need.